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Monday, March 28, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

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What happens when girls message first online? 22

The Wildcats' defense got them to the Final Four. 30-31

Pilot charged with DUI in Detroit before flight to Philadelphia. 8

Park bombing in Pakistan kills at least 67, mostly women, kids

Pakistani Taliban claimed responsibility for the Lahore attack, said it wanted to kill Christians. 12

3 THINGS YOU NEED TO KNOW

ALGERIAN ARRESTED IN ITALY AS BELGIUM INVESTIGATION WIDENS

A Belgian press agency Belga said on Sunday prosecutors had charged a man in connection with a raid in Paris on Thursday that authorities said foiled an apparent attack plot. Belga named him as Abderamane A. who prosecutors had said on Saturday was being held after being shot in a raid in the Brussels district of Schaerbeek. After a series of raids in Belgium and Germany, Italian police also arrested Algerian Djamal Eddine Ouali who is suspected of making documents for militants linked to the bombings, Italian media said on Saturday. His name was found in documents in a raid on an apartment near Brussels last October, including some with photos of militants involved in the attacks in Paris and in Brussels and the aliases they used. REUTERS

FOUR KILLED IN CRASH OF MEDICAL HELICOPTER IN ALABAMA

2 Four people, including a patient who was being airlifted from the scene of a car accident, were killed on Saturday when a medical services helicopter crashed in Alabama, authorities said. The Life Flight helicopter with four people on board crashed in a wooded area in Coffee County, Alabama, the Red Cross said, citing authorities. Besides the patient, the helicopter's pilot, a nurse and a medic were killed, according to media. Officials from the National Transportation Safety Board were investigating the crash of the Eurocopter AS350, which happened about 25 miles north of the state's border with Florida's panhandle.

REUTERS

CHILE REPORTS ITS FIRST SEXUALLY TRANSMITTED ZIKA CASE

3 Chile has confirmed its first case of the Zika virus having been sexually transmitted, the health ministry said in a statement on its website. The virus is linked to thousands of suspected cases of birth defects in Brazil. The new case in Chile is that of a 46-year-old woman whose partner was infected while in Haiti. Chile, where the mosquitoes that transmit the virus are not found, has confirmed 10 cases of Zika involving people infected outside the country. There is growing evidence that suggests a link between Zika and microcephaly in babies. The condition is defined by unusually small heads that can result in developmental problems.

REUTERS

GETTY IMAGES

WATCH OUT FOR ACTIVE HURRICANE SEASON

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

This is my early outlook for the upcoming 2016 hurricane season that officially starts on June 1 and ends on November 30.

Hurricane conferences are now in full swing in the state of Florida. Analysis of meteorological data in compiling an outlook for any hurricane season is an ongoing process each and every day. I've been researching various meteorological hurricane forecasting tools along with opinions from the "Hurricane Experts."

Personally, I have been forecasting and chasing hurricanes for over 20 years, from Montauk, Long Island, to Miami, Florida, to New Orleans and on into Houston, Texas. I have flown into the eye of these beasts with the hurricane hunters as my camera people. Trust me, when you fly through the wall of the storm, hail banging away at the fuselage of the aircraft, it sounds like someone is taking a sledgehammer to the plane.

In case you missed it, we already had our first hurricane of the season back in January, when Alex formed in the far eastern Atlantic and made landfall in the Azores off the African coast. This was the earliest since 1938.

Although I believe most of the hurricane experts will be predicting a slightly below-normal hurricane season, I'm predicting a hurricane season that will be the most active in over three years and forecasting an above-average hurricane season.

What is average:

12 named storms
6 hurricanes
3 intense hurricanes (winds sustained at 110-plus mph for one minute)

Five major factors in forecasting any hurricane season:

El Niño
Accumulated cyclone energy (ACE)
Tropical storm risk index (TSR)
Tropical Atlantic temperatures
The unknown

The ACE index stands at 80, which normally means a below hurricane season is in play. However, this projection has an error margin number of plus or minus 57. The higher the number, the more active the hurricane season.

The TSR measures the projected sheering wind across the tropical Atlantic, indicating a below-normal hurricane season. Sheering winds destroy hurricane development.

I believe the TSR and the ACE are in error. Keep in mind these model outputs are basically getting their data during the early winter season.

My belief is that El Niño is now in a rapid cooling mode and will go neutral by the time the peak of the hurricane season arrives (August-September). Strong El Niño's create sheering winds across the tropical Atlantic, and stifles hurricane formation. Meaning hurricane development will go back to a favorable environment for formation. Also, although the tropical Atlantic waters are running a bit cooler, I'm forecasting the tropical Atlantic to warm. Hurricane growth is dependent upon water temperatures of 80 degrees and above.

My outlook:

17 named storms (Normal 12)
9 hurricanes (Normal 6)
3-4 intense hurricanes (Normal 3)

ARE YOU EXPERIENCING POSTPARTUM DEPRESSION?

PRA Health Sciences in Marlton is now seeking mothers with postpartum depression for a clinical research study. Qualified participants for this study should be between ages 18 and 45, with postpartum symptoms for the past 6 months or less. In addition, participants should not be pregnant.

Those who qualify for this study may be compensated for time and travel. Transportation is available. To learn more visit **volunteers.prahs.com** or call **844-PRA-PINK (844-772-7465)**.

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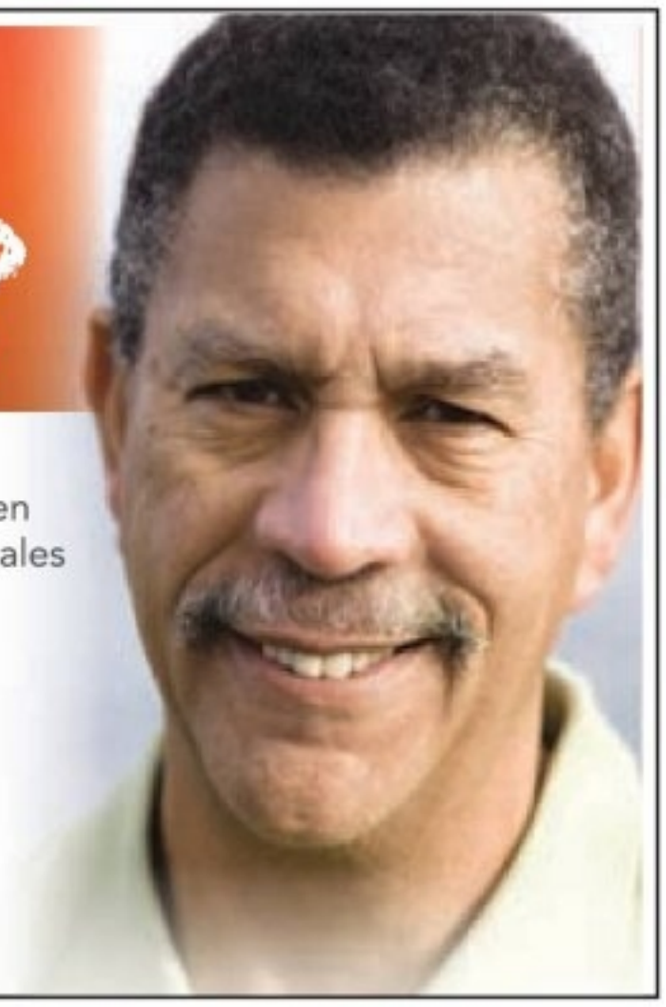
DO YOU OR SOMEONE YOU KNOW HAVE MILD ALZHEIMER'S DISEASE?



PRA Health Sciences in Marlton is now seeking individuals with mild Alzheimer's disease for a clinical research study. To qualify for this study, individuals should be male or female between ages 55 and 85. Other than the mild Alzheimer's, they should be in general good health. Females should either be postmenopausal for at least one year or surgically sterile.

Those who qualify for this study may be compensated for their time and travel.

To learn more, call PRA Health Sciences today at 844-PRA-PINK or visit Volunteers.prahs.com.

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AS YOU KNOW, CONTROLLING TOURETTE'S IS NOT THIS EASY.

We invite boys and girls aged 6 to 17 who have Tourette Syndrome to see if they may qualify for the T-Force Green Study. The primary purpose of this research study is to determine the effectiveness, safety, and tolerability of an investigational medication for Tourette Syndrome. Each child who qualifies will receive study medication, study-related medical exams, and study-related laboratory tests at no cost.

To learn more, and to see if your child may qualify, visit TForceGreen.com or call PRA Health Sciences.

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Compensation for time and travel may be available

Gail Levy, CEO and co-founder of H Factor BRIAN MARCUS

Gail Levy wants to quench your thirst with hydrogen

The founder of H Factor, hydrogen-infused water, claims it hydrates twice as much as normal water.

JENNY DEHUFF
@MetroPhilly
letters@metro.us

A local woman is the brains behind a new innovation in packaged water — and those who drink it claim to see real improvements to their well-being.

Gail Levy is co-founder and CEO of H Factor, a specially formulated water advertised as having odorless and tasteless molecular hydrogen gas bonds in it, giving it an extra boost of energy-making compounds that benefit the body.

The product has been around for about a year, and Levy claims studies show that hydrogen infused water improves athletic performance and skin conditions, reduces allergies, inflammation, headaches, migraines and lactic acid buildup, and that its health benefits are limitless. Hers is the first hydrogen-rich water in the U.S. and it's based right outside of Philly in Gladwyne.

Levy has a background in fashion and has designed hard goods like tabletops and home and office decor for Martha Stewart, Katie Brown, Jaclyn Smith and Christopher Lowell, among others. She launched H Factor nationally online around Christmas and says Internet sales have skyrocketed. The water comes in a recyclable aluminum package as opposed to a plastic bottle, thus giving it a low carbon footprint. It sells for $3 and soon will be available in grocery and convenience stores.

"As you know, we're supposed to be drinking eight glasses of water a day, and if you drink just two of H Factor, I think you'll see, over a very short period of time, some incredible benefits," Levy said.

Robin Cormier, 58, lives in Exton and has been drinking H Factor for about a year. She suffers from fibromyalgia and said that when she doesn't drink one H Factor a day, she notices her symptoms are considerably worse.

"There are days when nothing's going to help, but it does ease my symptoms tremendously," said Cormier.

"A more amazing story is my mom, who is 93, had a scratch on her leg," she explained. "It turned into this horrible bacterial infection and she ended up in the hospital for the three days. When she got home, she was weak and could hardly walk. She drank the H Factor and the next day it was amazing. The scab healed over. It did something to her cellular makeup."

On her website and in interviews, Levy is careful in using a Food and Drug Administration disclaimer and in discussing "potential" health benefits, as H Factor has not been analyzed by the FDA.

A spokeswoman for the FDA said she could not comment on a specific product without the opportunity for full review.

"In general, food product labels, including bottled water labels, must be truthful and not misleading to the consumer," Lauren Kotwicki, press officer for the FDA, wrote in an email.

"If the claim describes the effects of a substance on the structure or function of the body, the claim must be truthful and be derived from the nutritional value of the substance."

Eighty-seven-year-old Stan Bazilian of Elkins Park has also been drinking H Factor for roughly a year.

"When you're 87, your energy starts to go down a little bit," he laughed.

"But that doesn't happen anymore. I went with my daughter to Zumba. I did a whole hour of Zumba," he said.

"It's an extra helping of hydrogen," said Levy.

For more information, go to H-factor.com.

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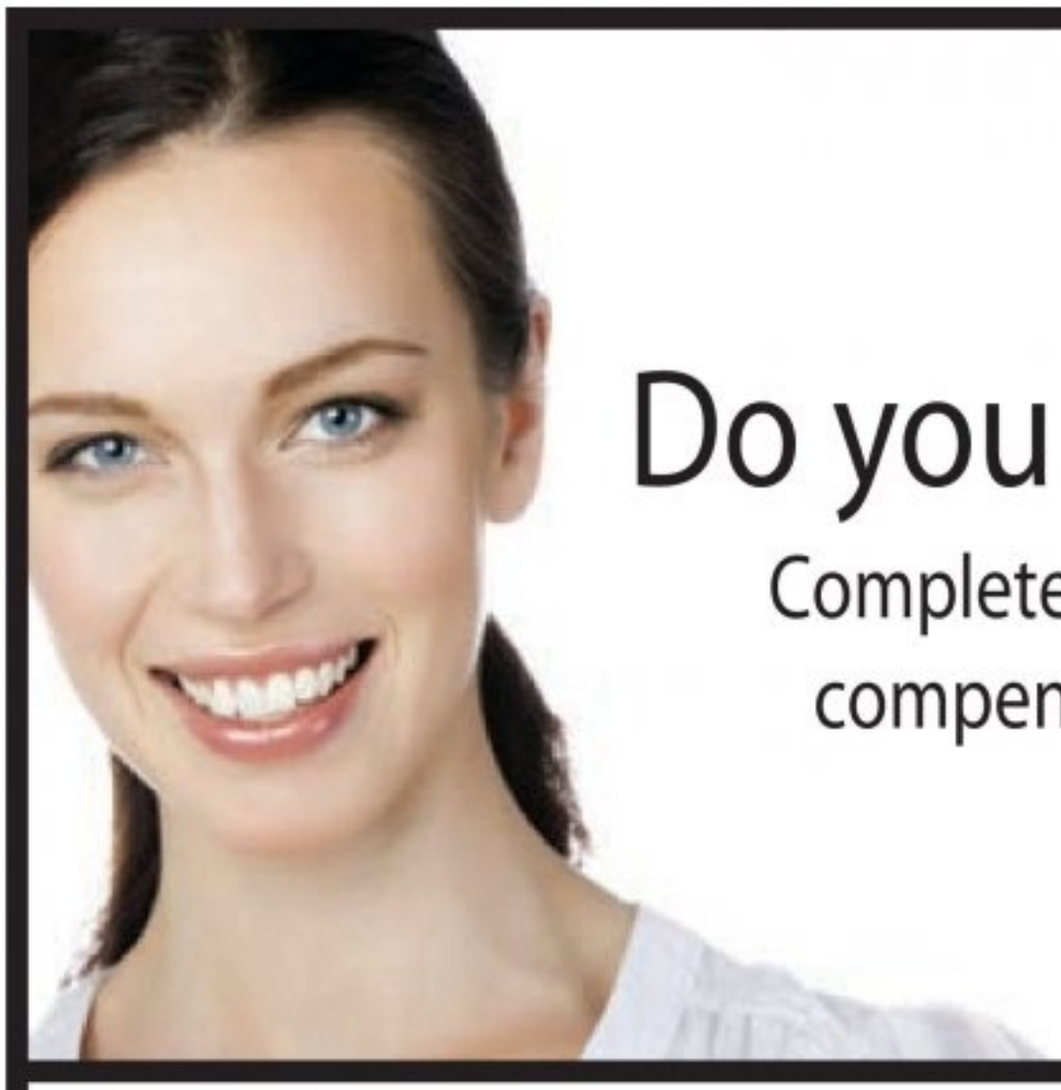

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Dr. Stacey Ackerman of Philadelphia Eye Associates in Philadelphia will be conducting an investigational eye drop clinical research study starting in April.

The study consists of 5 office visits over a 12 week period and participants will need to be at least 18 years old.

Please call Lisa at 215-339-8100 ext. 1115 or Kelleanne at 215-339-8100 ext. 1120 for more information and to schedule an appointment.

Study Start Dates:
Saturday, April 23

Study Site:
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PHILADELPHIA EYE
ASSOCIATES

Police dispatchers give Easter baskets

Lt. Ezekiel Williams rallied his colleagues to make Easter baskets for some disadvantaged kids at Red Shield Shelter just to see the smiles on their faces.

JENNY DEHUFF
@MetroPhilly
letters@metro.us

A certain lieutenant within the Philadelphia Police Department has a real affinity for Easter, and he's digging into his own pockets to make the holiday a fun reality for some disadvantaged kids across town.

Lt. Ezekiel Williams has been with the department 18 years. Easter is one of his favorite holidays. Chocolate Easter eggs are his favorite candy, and for the last three years he's been personally putting together Easter baskets for the Salvation Army.

This year, he decided to ask his co-workers if they wanted to join in, and thus spawned the police department's inaugural Easter basket giveaway.

Just after 2 p.m. on Thursday, several member of police radio's 911 dispatch team assembled more than 80 Easter baskets that were donated to kids at The Red Shield Family Shelter, at 715 North Broad Street.

Newborns up through kids in their teens who live at the Red Shield Shelter received these Easter baskets, said shelter house manager James Segar.

"It's going to thrill them," he said.

Each basket contained a small toy, coloring books, sunglasses, flashlights, crayons, jelly beans and, of course, chocolate bunnies.

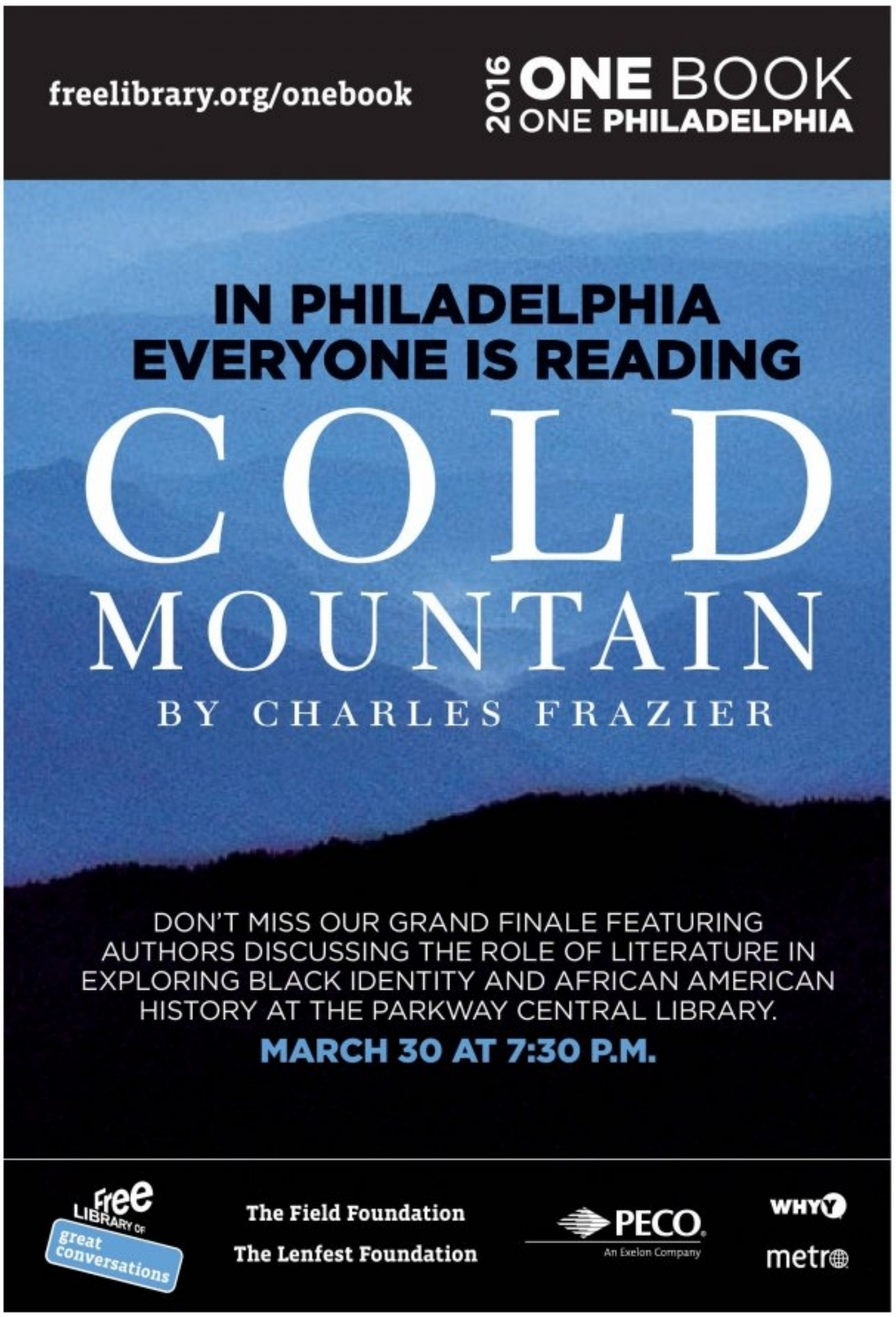
Williams said his intent behind the project was to bring to the forefront the willingness and dedication of the police dispatchers and radio personnel who impact the community outside of the radio room.

"It's a win-win because they can now put faces to people they're talking to when they take a 911 call, and these kids wouldn't normally get an Easter basket," said Williams.

"It's a good morale booster for the co-workers up in the 911 room, as well as letting the community see that we not only give by answering 911 calls, but in another way as well. … We just get the satisfaction of bringing some smiles to kids' faces."

Sunday marked the 85th annual Easter Promenade down South Street, where a sea of bonnets, bows and bunnies hopped from Passyunk/South to Headhouse Square for a best-dressed competition led by Henri David, the world's tallest bunny, the Easter Bunny, Mr. and Mrs. Cottontail and the Philadelphia Freedom Band.

Police dispatchers filled Easter baskets for needy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BRIEFS

Mother, son stabbed

A 44-year-old woman and her 13-year-old son were stabbed Sunday at their home in West Philly, police said.

The woman's husband and boy's father is suspected of the crime.

Police were called to the 800 block of North Fallon Street at 1:22 p.m. There they discovered the woman stabbed once in the left hand and once in the left thigh. The boy was stabbed three times in both arms.

Both victims were in stable condition, police said.

The suspect was arrested and the weapon was recovered, police said. SAM NEWHOUSE

New Jersey swim coach charged with sex with student

A former swim club coach is charged with having a sexual relationship with an underage swimmer, reports said.

Joseph Blake, 25, is charged with child endangerment, stalk-

to shelter

children. CHARLES MOSTOLLER

ing and sexual assault, WHYY reported. The sex allegedly occurred between 2011 and 2013 when the victim's age ranged from 15 to 17.

The victim's gender was not made public by prosecutors.

Blake was held in custody on a $250,000 bond.

SAM NEWHOUSE

North Philadelphia shooting victim dies

A man was shot and killed early Saturday morning in a vacant lot in North Philadelphia, police said.

Officers found the man with a gunshot wound to his chest just before 1 a.m. in the 1500 block of North 19th Street, 6ABC reported.

The man was taken to Hahnemann University Hospital where he was pronounced dead.

The man's name has not been released. Police are still looking for a suspect.

CHRIS CAESAR

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M3 Global Research is a local online community that offers its members the chance to participate in market research studies.

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M3 GLOBAL RESEARCH

PSPCA discovers 30 dead chickens and 40 starving animals at Lehigh County home

Animals living without food or water were removed in the second high-volume rescue this month in eastern Pennsylvania.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

The PSPCA on Saturday rescued 40 animals from a Lehigh County residence where they were living without access to food or water, they announced.

Thirty dead chickens were found on the same property, the PSPCA said, and 32 chickens, four quails, three cats and a rabbit were removed by PSPCA Humane Law Enforcement officers.

A concerned neighbor contacted the PSPCA to alert them to animals being neglected on the residence in Schnecksville, Pennsylvania.

The surviving animals are being treated at the PSPCA's Philly headquarters.

It's the second time in a month the PSPCA has removed a large number of animals from hazardous conditions.

Fifteen dogs and two cats were removed from a "filthy" home in Holmesburg just a week ago.

"In a very short time frame, the Pennsylvania SPCA has had two cases involving large numbers of animals. We are the only animal welfare organization in the region equipped to handle cases involving such a high volume," PSPCA CEO Jerry Buckley said in a statement. "We are the advocate for all animals throughout the region, including Lehigh County, expanding beyond dogs and cats to the health and well-being of chickens, rabbits and more."

The animals removed from the home will remain with the PSPCA until the case is adjudicated.

The owner of the residence where the animals were found was not identified and formal charges were not announced. The investigation is ongoing, the PSPCA said.

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Six beats of Kevin Bacon

Philly natives The Bacon Brothers — actor Kevin Bacon and his brother Michael — performed on March 24 at a Philly fundraiser/dance party to benefit Thomas Jefferson University's Innovation initiatives. ANDREW TOBIN

BRIEF

Pilot on flight to Philly busted drunk on the job

An unidentified American Airlines co-pilot was arrested on Saturday at a Detroit airport terminal on suspicion of drinking before his scheduled flight to Philadelphia, officials said.

Police at the Detroit Metropolitan Airport twice had the man, in his 50s, blow into a breathalyzer, and each time his readings came back above the legal limit, said Michael Conway, a spokesman for the facility.

The Federal Aviation Administration, which prohibits pilots from flying with blood alcohol content higher than .04, said in a statement it was investigating the case.

Airport police did not give the pilot's name or the specific readings from his breathalyzer tests.

They released the Pennsylvania man from custody while they continued to investigate, Conway said, and will present evidence to prosecutors for possible charges.

Laura Nedbal, a spokeswoman for American Airlines, said the company considers the case a serious matter and was assisting local law enforcement and the FAA.

The co-pilot's flight 736, from Detroit to Philadelphia, was canceled and passengers were being accommodated on other flights, Nedbal said.

She declined to release further details, citing the pilot's privacy rights as an employee. REUTERS

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HOW SEEING JOHN EDWARDS AT THE AIRPORT AND LOCAL SCANDALS CONNECT

THE ERNEST OPINION

ERNEST OWENS
@MrErnestOwens

I was recently headed to Raleigh for a business venture when I noticed that former North Carolina Sen. John Edwards was awaiting the same flight.

Yes, Edwards was at Philadelphia International Airport riding coach on Delta. No, there was no massive security or attention. In fact, nobody actually noticed him.

Sitting slouched in the terminal, his once admirable movie star looks and charm were replaced with a now sunken glare and a noticeable round potbelly. His luggage wasn't fancy, nor was his demeanor.

Edwards, who ran for president in 2008, now looked like a Chevy Chase/National Lampoon-type of dad. It was almost alarming that nobody recognized him. I gave him a subtle wave and he exchanged a hesitant grin. It was very clear that he didn't want any type of attention and I almost had to Google why.

I'm 24, so forgive my youthfulness, but my heart almost dropped. A highly publicized affair, a love child conceived while still married to a cancer-stricken wife, and political money pay-off accusations is what made the once leading Democrat a dismissed party embarrassment.

"The face-to-face viewing of a man who was once in the spotlight and is now discarded as a pariah was a scary sight to see."

Eight years ago, this man was a rock star that could have ran this country. Now he's trying as much as possible to avoid the public.

When I see how the rest of society has forgotten Edwards, I think about the upcoming trials and tribulations of our current local elected officials and wonder if the same treatment is in sight for them. In an election year that's just as competitive as 2008, it's almost impossible not to follow the headlines of now indicted Congressman Chaka Fattah, who is being charged for bribery, money laundering and bank fraud. The Feds' thorough investigation of Fattah's political finances shouldn't be taken as a minor infraction. He can seriously go to prison and our city will lose another once-respected Democrat.

The nature of politics in this age of new information is haunting. As Edwards got off the flight in North Carolina, only a few more people began to murmur. It was his home state, so of course he would be recognized. But nobody went up to him; only whispers.

I felt bad for him.

I finally convinced myself that it might stroke his ego a little if I asked for a selfie. He acted as though he was too disheveled to engage, and swiftly declined. It was very clear that public shame had taken its toll on the man once praised for calling the country out on its class division. The face-to-face viewing of a man who was once in the spotlight and is now discarded as a pariah was a scary sight to see.

Will that be the same fate for Fattah by the end of the year? Will another elected official in this town go from hero to zero? May the tale of John Edwards stand as an Ides of March for some of the politically ambitious egos who now want to take over.

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Suicide bomber targeting Christians kills 67, mostly women and children, in Pakistan park

Witnesses said they saw body parts strewn across the parking lot once the dust had settled after the blast.

A suicide bomber killed at least 67 people, mostly women and children, at a park in Lahore on Sunday in an attack claimed by a Pakistani Taliban faction which said it had targeted Christians.

More than 300 other people were wounded, officials said.

The explosion occurred in the parking area of Gulshan-e-Iqbal Park, close to children's swings. The park is a popular site for members of Lahore's Christian community, many of whom had gone there to celebrate the Easter weekend holiday.

"When the blast occurred, the flames were so high they reached above the trees and I saw bodies flying in the air," said Hasan Imran, 30, a resident who had gone to Gulshan-e-Iqbal Park for a walk.

Officials said 65 people were killed and about 300 wounded. Police Superintendant Mustansar Feroz said most of the casualities were women and children.

The Taliban faction Jamaat-ul-Ahrar claimed responsibility for the attack.

"The target was Christians," a spokesman for the faction, Ehsanullah Ehsan, said. "We want to send this message to Prime Minister Nawaz Sharif that we have entered Lahore."

"He can do what he wants but he won't be able to stop us. Our suicide bombers will continue these attacks."

Rescue workers and police gather at a site after a suicide bomber blew himself up in a park in Lahore in Pakistan. GETTY IMAGES

Islamist militants in Pakistan have attacked Christians and other religious minorities often over the past decade. Many Christians accuse the government of doing little to protect them, saying politicians are quick to offer condolences after an attack but slow to take any concrete steps to improve security.

Salman Rafique, a health adviser for the Punjab provincial government, said many of the wounded were undergoing emergency surgery in hospitals.

TV footage showed children and women standing in pools of blood outside the park, crying and screaming as rescue workers, officials, police and bystanders carrying injured people to ambulances and private cars.

"We fear that the death toll may climb considerably."
Salman Rafique

Dozens of women and children were wheeled into hospitals, covered in blood. Many of the injured were transported to hospitals on taxis and auto-rickshaws due to a shortage of ambulances. Hundreds of citizens arrived outside hospitals to donate blood.

Local television channels reported that many of the dead bodies were being kept in hospital wards as morgues were overcrowded.

"We were just here to have a nice evening and enjoy the weather," Nasreen Bibi said at the Services Hospital, crying as she waited for doctors to update her on the condition of her two-year-old injured daughter. REUTERS

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Use 'weapons of love' to fight evil of terrorism, pope says on Easter

Pope Francis said an Easter Sunday Mass under tight security for tens of thousands of people in St. Peter's Square.

Pope Francis urged the world in his Easter message on Sunday to use the "weapons of love" to combat the evil of "blind and brutal violence", following the attacks in Brussels.

After a week of somber religious events commemorating Jesus' death, Francis said an Easter Sunday Mass under tight security for tens of thousands of people in a sun-drenched St. Peter's Square.

Afterwards, in his traditional, twice-yearly "Urbi et Orbi" (to the city and the world) message, he spoke of violence, injustice and threats to peace in many parts of the world.

"May he (the risen Jesus) draw us closer on this Easter feast to the victims of terrorism, that blind and brutal form of violence which continues to shed blood in different parts of the world," he said, speaking from the central balcony of St. Peter's Basilica.

He mentioned recent attacks in Belgium, where at least 31 people were killed by Islamist militants, as well as those in Turkey, Nigeria, Chad, Cameroon, Ivory Coast and Iraq.

The 79-year-old Argentine pontiff urged people to channel the hope of Easter in order to defeat "the evil that seems to have the upper hand in the life of so many people".

The pope condemned the Brussels attacks several times during the past week, including at a Good Friday service where he said followers of religions who carried out acts of fundamentalism or terrorism were profaning God's name..

Thousands gather at the St Peter's Square to attend the Easter Mass led by Pope Francis in Vatican City, Vatican. GETTY IMAGES

"With the weapons of love, God has defeated selfishness and death."
Pope Francis

In other parts of his address, Francis expressed the hope that recent talks could resolve the conflict in Syria in order to end the "sad wake of destruction, death, contempt for humanitarian law and the breakdown of civil concord".

He urged Europe "not to forget those men and women seeking a better future, an ever more numerous throng of migrants and refugees — including many children — fleeing from war, hunger, poverty and social injustice."

The European Union and Turkey have agreed to stop the flow of migrants to Europe in return for political and financial concessions for Ankara. Turkey and The Aegean islands have been the main route for migrants and refugees pouring into Europe in the past year. REUTERS

BRIEF

Mexicans burn Donald Trump effigies in Easter ritual

Mexicans celebrated an Easter ritual by burning effigies of U.S. presidential hopeful Donald Trump, whose anti-immigrant views have sparked outrage south of the American border.

In Mexico City's poor La Merced neighborhood, hundreds of cheering residents yelled "death" and various insults as they watched the explosion of the grinning papier-mâché mock-up of the real estate tycoon, replete with blue blazer, red tie and his trademark tuft of blond hair.

Media reported that Trump effigies burned across Mexico, from Puebla to Mexico's industrial hub Monterrey.

The burning is part of a widespread Mexican Holy Week tradition where neighborhoods burn effigies to represent Judas Iscariot, who betrayed Jesus Christ according to the Bible. The effigies are often modeled on unpopular political figures.

"Since he started his campaign and began talking about immigrants, Mexico and Mexicans, I said 'I've got to get this guy,'" said Felipe Linares, the artisan who crafted Trump and whose family has been making Judases for more than 50 years. REUTERS

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RACE FOR THE WHITE HOUSE

POSITION PLAY

Sometimes it seems every week of this election is the same as the last — like "Groundhog Day," only scary and depressing. But trust me, the process is creeping forward. You might need a sundial to time it, but still — here are my three things to watch this week in politics.

1. INQUIRING MINDS
Ever been around one of those really uncomfortable, bitter fights between best friends? Yea, well I guess we're all in that situation now. Ted Cruz and Donald Trump were once practically brothers from other mothers, but now it's nothing but knives and hatchets. The dynamic duo's painfully public brawl last week over wives, photos and alleged affairs was unseemly at best, but I suspect we've not seen the worst of it. That ringing sound? Just the bell between rounds.

2. FINAL COUNTDOWN?
Make the popcorn and place your wagers. John Kasich will take another stab at challenging the Trump/Cruz lock on the lead at CNN's Republican town hall Tuesday. Odds of him suddenly surging in the standings? The polls say pretty slim, but establishment Republicans looking for a contested convention are desperate for Kasich to not only hang in there, but to also make a good showing. Meanwhile, on the Dem side, Bernie Sanders may not be winning a lot, but he keeps forcing Hillary Clinton to look over her shoulder.

TOM FOREMAN
Opinion
CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

3. NO NUKES
The Nuclear Security Summit will bring reps from around the world to D.C., but the hottest issue on the table will be a non-nuclear threat: ISIS. President Obama has taken heat over what some critics consider an occasionally middling response to the terrorist group, and the White House clearly wants to change that impression. Watch for the photo ops to be pushed hard, and some tough talk from POTUS is a sure bet.

Trump and Cruz GETTY IMAGES

BRIEF

Sanders claims momentum, eyes Democratic Party power brokers
Fresh from Democratic presidential primary wins over the weekend in three states, Bernie Sanders on Sunday claimed political momentum he said could help him win the backing of Democratic power brokers in his race against Hillary Clinton.

Sanders easily won nominating contests in Alaska, Washington and Hawaii on Saturday. His latest remarks reflect his plan to chip away at Clinton's commanding lead in the number of delegates needed to win the party's nomination.

Interviewed on Sunday by U.S. broadcasters, Sanders said Democratic "superdelegates," who can change their allegiance, might rally behind him because some polls suggest he has a better chance than Clinton of beating a Republican candidate.

"Momentum is with us. A lot of these superdelegates may rethink their position with Hillary Clinton," said Vermont Sen. Sanders on CNN'S "State of the Union" news program.

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Rolling Stones rock Cuba

The Rolling Stones rocked a massive crowd at a free, outdoor concert in Havana over the weekend, capping a week of engagement with the West for the Communist-led country that once censored the veteran British band's music. GETTY IMAGES

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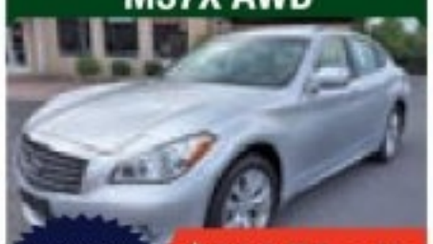
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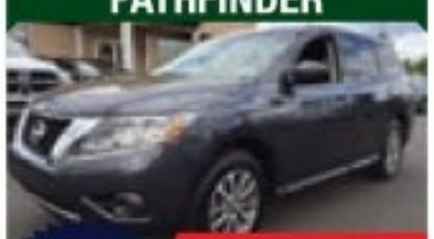
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Chloe Grace Moretz turned down Taylor Swift's squad invite

ALL PHOTOS GETTY IMAGES

Chloe Grace Moretz is one of the most visible teen stars in Hollywood, so it's no surprise that Taylor Swift would've tried to recruit her into the once-exclusive ranks of her "squad." And it turns out Swift, in fact, did. And it further turns out that Moretz gave her a hard pass on the offer. That's cold. When asked by Complex magazine why she's turned down a seat at the Swift lunch table, Moretz took the high road, refusing to elaborate and saying nothing about Swift besides, "She's a very talented person." And we all know what that means. But Moretz was more than happy to critique the whole squad phenomenon in general. "They appropriate exclusivity," she told the magazine. "They're cliques." That they are. And she won't sit with them.

Hulk Hogan happy with his $140 million Gawker verdict

How would you react if a judge awarded you $115 million, plus an additional $25 million in punitive damages? Probably something like the way Hulk Hogan did at the recent culmination of this sex tape trial against Gawker Media, but hopefully you'd be a little less descriptive when talking about it. "I kind of snorted," Hogan tells Page Six. "Everything, like my whole head, like a bucket of water was going to come out of my face. It was so overwhelming. It was almost like I was relieved that they believed me. I was so out of it, I didn't hear the numbers until we got upstairs. I went, 'Oh!'" Oh, indeed.

Millions aside, Hogan sees a lesson in all of this. "For me, the message is America is tired of this type of behavior, and it's unacceptable, and it's illegal. I hope [the defendants] learned what the trial was about: that we were actually protecting the First Amendment and carving out that little piece of privacy," he says. "I'm just a normal man. I made mistakes. Everybody deserves a second chance." Funny he should mention that, since Gawker is planning to appeal.

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Simon Cowell shrugs on One Direction's future

Hey, all you One Direction fans patiently waiting through the bands newly launched "break," are you wondering when they'll get back to being a band again? So is their guru and founder, Simon Cowell. "I don't know if it's a hiatus or a break-up, to be honest," he tells Billboard Magazine. "In a weird way, I don't want to know. I don't think they've had enough time to experience what it's like not being in the group to really answer that. They'll decide when they want to come back together." But, as their ostensible boss, couldn't he have some say in that? Doesn't he want to see the fans happy? Jerk.

The lads, meanwhile, all seem to have plenty of other interests to keep them occupied. Louis Tomlinson is a new dad, Harry Styles is toying with the idea of an acting career, Niall Horan is going into the golf business and Liam Payne is dating a judge from "The X Factor," because apparently you can go home again.

DAILY VIDEO

YOUTUBE

'Batman v Superman: Sad Affleck'

It's been a pretty huge weekend for "Batman v Superman: Dawn of Justice," but not in all the ways that Warner Bros. and Zack Snyder were imagining. For instance, this fan-made edit of an interview with Ben Affleck and Henry Cavill during which the stars are asked about the spate of negative reviews the film has received. Watch as, with the help of Simon and Garfunkel and an epic slow zoom, our newest Batman is transformed into Sad Affleck.

Gwen Stefani loves her hypothetically gay son

Gwen Stefani has three young sons — ages 9, 7 and 2 — with ex-husband Gavin Rossdale, and if one or more of them turned out to be gay, she's be just fine with that. "I would be blessed with a gay son. You know that I would feel blessed about that," the "Voice" coach tells Pride Source. "I just want my boys to be happy and healthy, and I just ask God to guide me every day to be a good mother because it is not an easy job. I've been able to travel the world and meet so many different kinds of people. And it doesn't really matter if you're gay, straight, whatever. There are good and bad people, and I would be happy. I just want my kids to be happy, and whatever journey God gives them is their journey. I just need to be there to be the most supportive mom that I can be, and that's what I'm going to be."

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Singer Jack Antonoff lands big book deal

Lena Dunham reportedly took home $3.7 million for her book, "Not That Kind Of Girl," and now it's boyfriend Jack Antonoff's turn in the literary spotlight. The Bleachers and Fun. singer just inked a deal with Simon & Schuster for his book, "Record Store," announced last week.

The book will pay homage to record stores, which are on the verge of dying out, much like the corner video store, and will include essays, interviews and photos. Unlike a traditional book, this one will have more of a scrapbook feel.

As you can imagine, being a three-time Grammy winner has put Antonoff in contact with some pretty knowledgeable people — and those he doesn't already know are pumped to talk with him. The book will include interviews with some industry heavyhitters as well as some under-the-radar record store heroes.

"Jack is, quite simply, a creative force," says Jofie Ferrari-Adler, senior editor at Simon & Schuster, in a press release. "Everything he does has a huge amount of heart, and it doesn't surprise me that he wants to use his first book to shine a light on these essential places that have shaped so many of our lives."

The book's release date has not been announced. EMILY LAURENCE

No word yet on how much Jack Antonoff is raking in for his ode to record stores. GETTY IMAGES

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."

Why women should send the first message online

Most women don't want to be the one doing the asking. But if you meet someone online, you need to get offline to actually date him. Otherwise, all that time you put into messaging back and forth is a waste. Swiping on Tinder is fun, but it's only actually enhancing your dating life if you're meeting those matches IRL.

Of course, every woman hopes that her matches will ask her out. (Guys: I'm serious. Just do it.) But it doesn't really matter how you get offline, just that you do. If he's good enough to continue messaging, he's good enough to meet for a cocktail or coffee.

Most of my clients are women — and at first, they hate this advice. The biggest thing is that they don't want to have to learn how to ask a guy out — but then they realize it's really uncomplicated, and in fact, can even feel empowering. You are opting in to your dates rather than letting him be the only one in control.

Here are three ways to ask him out:

Mention getting offline

Be direct, like this: "You're so fun to talk to! Want to continue the convo over a cocktail?" Done and done.

Use what you've got

Take something from your conversation and bring it into reality, like this: "I know, I haven't been to that museum in a while either! Next week?"

Get snarky

Try a little humor, if sassy is your style, with something like, "I'm a lot more witty in person. ;)"

You don't always have to follow up directly with a question that suggests meeting. If you want to wait and see how he replies, you can. He may take your cue and ask you out once you prompt the date-night discussion. Just make sure you don't hesitate too long and miss your moment.

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Vance Joy brings 'The Fire and the Flood' to East Coast

The "Riptide" singer-songwriter took down tips from Taylor Swift's "1989" tour.

REENA KARASIN
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Aussie singer-songwriter Vance Joy is preparing to return to the East Coast this month with his "The Fire and the Flood" tour, where he will wrap up his three-and-a-half-month North America stay.

The 28-year-old spent much of last year supporting Taylor Swift's "1989" world Tour after she covered his hit single "Riptide" for BBC Radio 1's Live Lounge. Joy then joined Swift for dates in North America, the U.K. and Australia, and says he's been applying what he learned from working with the "Wildest Dreams" megastar to his own stage show.

Dreamboat Vance Joy. GETTY IMAGES

"The overall feeling she has is that she's talking directly to each person in the crowd," Joy says. "I think being able to create intimacy in a 50,000-person venue is pretty cool, so I try to make our shows intimate and try to be myself and try to be in the moment and just being real."

But Joy says that he's appreciative of the freedom of his own tour, noting that the smaller venues allow him to interact with fans, and that his team feels like family.

"I enjoyed hanging out in Canada with our support band, Reuben and the Dark," he says. "They're really lovely people — Ruben, who's the lead singer, is a really great skateboarder, and he gave me this skateboard to thank us for having him and his band on tour. That was really cool."

But Joy says being on the road is grueling and that he's "ready to disengage" once the tour wraps March 30 in New York. And he's already looking ahead to his next album.

"I'm always chipping away, writing songs, always thinking about songs," Joy says. "It's a balance between wanting time off, but I'm at that point where I'd like to put another album out."

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Daredevil and Punisher aren't the kind to talk over tea. PATRICK HARBRON, NETFLIX

Cooking up trouble in Hell's Kitchen

We chat with the new big bad, and a not-so-good ex, of "Daredevil."

The first season of "Daredevil" spent as much time developing its villain, Wilson Fisk, as its title hero. But the baddies may have taken the edge in the show's second season, which just dropped in its 13-episode entirety on Netflix.

In fact, Jon Bernthal's performance as the Punisher is so good that Netflix is rumored to be giving him a spinoff series. "This is a character who means a lot to many people and I understand that," he says. "The comic audience is very passionate and intelligent; they are very loyal. This character belongs to them, and I hope to do well."

Another newcomer for Season 2, French actress Elodie Yung as Matt Murdock/Daredevil's problematic ex Elektra, doesn't fear the wrath of fans: "I'm more curious than pressurized," says Yung. "I really enjoyed my character and played it with love, so I hope they receive my version well."

Super humans

The superhero boom is an understandable response to the issues of our modern world, says Bernthal. They are strong enough figures who can confront the fears — from terrorism to environmental disasters — that feel too big for ordinary people to tackle. "These things affect us all, make us feel powerless," he says. "It makes sense that we seek these stories of beings that can do something about it."

Yung, on the other hand, confesses that she doesn't follow superhero projects; however, the drama and chemistry of the "Daredevil" characters give them a human dimension, creating a way for non-fans to get into the story. "That it's what makes this series successful. It's different," she says.

Unlike some other villains, the Punisher has a personal vendetta: finding out who murdered his family and taking revenge. Creating the character was a dark process, but being able to relate helped.

"I would have not been able to do this role if I was not a father and a husband," he says. "It's only when you love something more than yourself that you understand the notion of how you would feel if you lost that love. Preparation is both physical and emotional."

What is justice?

Season 2 finds Murdock conflicted, too, after becoming the vigilante Daredevil to clean up the streets of Hell's Kitchen. His relationship with Elektra is interwoven with an old complicated romance that unites them despite their differing ideas of justice.

"She thinks they are very similar. In many ways, they have similarities: Matt may have that darkness and she may be able to trigger it," Yung explains. "Elektra feels no guilt, kills without blinking, and you do not know whether she is being manipulative or honest. Matt has a strong moral sense and adds an emotional component."

Yung hopes to see more of characters like Elektra. "It's important to have female characters who have their own dimension, exist by themselves, not only as the girlfriend of the protagonist — that's boring."

Elodie Yung GETTY IMAGES

METRO WORLD NEWS

John Corbett: 'America's boyfriend'

John Corbett reprises his "My Big Fat Greek Wedding" character for its sequel. UNIVERSAL

The actor remembers being young on "Sex and the City" and returning to "My Big Fat Greek Wedding."

MATT PRIGGE
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John Corbett is back in New York. He's here to talk "My Big Fat Greek Wedding 2," but being here means reminiscing about another undying phenomenon in which he played a romantic lead: his stint as Aidan, Carrie Bradshaw's on-off boyfriend on "Sex and the City" from 2000 to 2001.

"I lived in a little apartment on 66th and Broadway," Corbett wistfully recalls. "I had a nice little balcony that overlooked Juilliard. I was single and I walked the city and I got drunk at night."

Because he was just playing a boyfriend, he would often have four or five days off a week. "It was a great time. I'll be 55 soon. I remember turning 40 here."

Corbett is a fixture of films and shows revolving around female characters: there's "United States of Tara," and even the Kate Hudson vehicle "Raising Helen." Right now though, he's a co-lead on the FX show "Sex&Drugs&Rock&Roll," opposite Denis Leary, which is supermacho.

"When I show up on set, Denis says, 'Look who it is: It's America's a—hole and American's boyfriend!'" Corbett says.

He's fine with being called that, and he points out that he hasn't been called on to play many villains. He's fine with that, too.

"I'm not an actor who's dying to show his range," Corbett admits. "I could care less on lots of levels. I didn't always feel that way. I remember reading that Marlon Brando didn't see things he had done. I found that so hard to believe when I was starting out. I'd see f—ing anything I did, three times. But I totally get it now. There's some things I never bothered to go see. It just happens as you get older."

GETTY IMAGES

Part of the reason is he's accepting his age. "It's a young person's business, show business," he says. "The phone doesn't ring most of the year. You get used to it. It's better for men than women. At 30, it stops."

Corbett is easy to talk to — so easy we almost forget to discuss "My Big Fat Greek Wedding 2." In the sequel, his character, Ian, is still married to Nia Vardalos' Toula. They have a teenage daughter, who feels even more smothered by their overbearing family than her mother once did. They also have slight marital problems.

And yet the film has more screen time for the other, crazy family members. For Corbett, it was just fun to hang with them again.

"They could come and say, 'Dude, we're doing No. 3 right now.' We could put this s— on and we could start doing it," Corbett says.

For one thing it's not difficult. "It's not 'My Left Foot 2.' But I also have such great chemistry with everybody on set. It's not just that it's easy; it's a spark of joy."

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Eating Israel

Chef Michael Solomonov leads the documentary food journey "In Search of Israeli Cuisine."

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The film didn't just stick to restaurants, but went inside Israeli homes. PROVIDED

Filmmaker Richard Sherman didn't set out to make a documentary about Israeli cuisine with Philadelphia chef Michael Solomonov as his tour guide. And Solomonov, co-owner of area hot spots such as Federal Donuts, Abe Fischer and the Israeli food-focused Zahav, wasn't looking to be a star for Sherman, whose lens had previously captured the likes of restaurateur Danny Meyer and early rockers Little Richard and Jerry Lee Lewis.

Yet here they are, premiering the gritty-yet-graceful "In Search of Israeli Cuisine" as the opening flick for the Philadelphia Jewish Film Festival, beginning March 28 and running through May 23 at the Gershman Y.

"It's my journey, as I had developed the idea of the film for two years before asking Mike to be my tour guide," says Sherman. "Meeting him, tasting his food and hearing Mike's knowledge regarding ancient traditions — new ones as well — that made the film go. His warmth, self-deprecating humor and way with street vendors and high-end restaurateurs was exactly what I needed."

If you go

"In Search of Israeli Cuisine"
March 28, 7:30 p.m.
The Gershman Y
401 S. Broad St.
215-545-4400, PJFF.org

Rather than just taste test their way through Israel's street foods, white-tablecloth restaurants and farms, they delved into the culture, histories and strife in the country. "I didn't want to make a puff piece … so we deal with all the conflicts," says Sherman.

The shy Solomonov, busy with the build-out of his next Philly restaurant, Rooster Soup Company ("late spring, maybe") and opening his second Dizengoff hummus café in Manhattan, was honored to be part of Sherman's vision.

"It's been my life's dream to do something worthwhile like this, especially considering the wild man that I've been in my past," says Solomonov with a laugh about the idea of eating and sleeping Israeli culture. "I was born there, have an Israeli passport, but my life has been here. I stay close through my food."

Solomonov became part of Sherman's already-defined goal for a film in 2013 when the latter was looking for collaborators. The director and his wife, Dorothy, (who wound up producing the cookbook "Zahav: A World of Israeli Cooking," penned by Solomonov and Steven Cook) dined at Zahav, spoke with the chef and asked him on the spot to be part of his cinematic vision. "I immediately said yes," says Solomonov. "I loved the idea of doing something culturally and spiritual relevant."

Even a chef as well-versed in Israeli food as Solomonov came away amazed at what they found in "the multi-generational holes-in-the-walls and the fancy places" during their month-long trek. When it comes to what impressed him the most, Solomonov points to the local produce: "I can still taste the guavas from the farmer using flood water in the desert, or biting into their fresh figs."

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Time management is dead

HOW TO GET AHEAD

jobs & education

A new book suggests that we're managing our attention and energy, not our time.

ALIZAH SALARIO
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When we email Graham Allcott, the author of "How to Be a Productivity Ninja: Worry Less, Achieve More and Love What You Do," his auto response tells us that he is only "processing emails (back down to zero) on Monday afternoons and Thursday mornings" in his "quest to become a better human being (as well as a more productive one)."

Allcott is practicing the nimble approach to productivity he preaches — an approach based on the idea that time management doesn't work with the way we operate in a digital age.

"You can't manage time. You can manage your choices around time, but you can't manage time and slow it down or speed it up yourself," says Allcott.

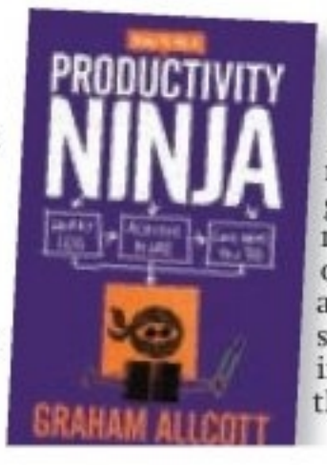
The term "time management" applied back when "information overload" meant getting six pieces of paper in an in-tray between 9:00 and 9:30 a.m. Now, in a world where a steady stream of information is coming at us 24/7, we need to manage our attention and energy, Allcott explains.

He gave us a few pointers on doing so — ninja-style.

Don't check email — process email

When our inboxes are ever present in the background, our emails always pull focus — without always getting answered, explains Allcott. That makes us feel overwhelmed and behind.

When we don't treat email as an "ever-growing mountain" it's easier to keep our inboxes at zero."It's not about religiously every second of the day having nothing in your inbox, but about having a mentality where when you process your email, you come back to zero," he says.



Avoid email first thing in the morning

Yes, we know. This sounds counterintuitive, if not downright batty.

"The thing to fill that [email] void in with — because for most people that feels so weird — is a daily checklist. On your daily checklist, you're answering the question, 'What are the one or two different priorities that I want to do today?' You start there."

Allcott calls these priorities "big rocks," and says asking yourself, "How is my energy today?" can help define them.

"There's usually one or two things, sort of the big chunky things, that if we don't do them when we have our best energy, we'll put them off,"he explains. "That usually comes earlier in the day. I always say if you've got seven big rocks, you've got no big rocks. So pick one or two, and let the small bits fall in and around that."

Scan for DUST

Allcott is all about shining light into those metaphorical nooks and crannies. His DUST-y acronym is designed to stop procrastination:

Difficult: Complicated tasks that may take awhile

Undefined: Tasks you haven't quite figured out where to start that might require some sorting

Scary: Awkward conversations or calling people you're dreading

Tedious: Filing, expense work — all the stuff that you simply don't want to do that can be blasted through later

Be less ambitious

Putting too much on our plates sets us up for failure, says Allcott.

"We need to be more realistic and kind to ourselves in how we set the day up," he says. "Productivity comes when you feel good about yourself and when you feel momentum, and if you spend your whole day thinking, 'Oh, there's not enough I'm getting through,' then you spend most of your time feeling like crap for all the stuff you're not doing."

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New status: Randi Zuckerberg is a fairy godmother for entrepreneurs

As a mentor on "Quit Your Day Job," Zuckerberg is helping women launch their dream businesses.

ALIZAH SALARIO
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"I don't know when she sleeps," Randi Zuckerberg's publicist tells me as we're waiting for the 34-year-old mogul.

It's a valid observation: The CEO and founder of Zuckerberg Media, editor-in-chief of digital lifestyle website Dot Complicated and former Facebook executive does have a lot going on. Perhaps that's because Zuckerberg is the embodiment of YOLO.

"If you're passionate about something, you know you're passionate about it. You know if there's some calling you have in your life, and you know you'll regret it if you get to the end of your life and you didn't pursue it," says Zuckerberg.

This ethos makes her a perfect fit as host of "Quit Your Day Job," a new series on Oxygen premiering Wednesday, March 30 at 10 p.m.

With a high-octane team of business experts, (co-founder and "Chief Carrot Lover" of Yes To Inc. Ido Leffler, startup advocate Sarah Prevette and model turned master marketer Lauren Maillian) Zuckerberg mentors hungry entrepreneurs-in-training, giving a select few the chance to present their innovative ideas in front of angel investors. Then they're put through the wringer to see if they can succeed in business without actually dying.

Zuckerberg talked to us about supporting women-owned businesses and stepping out of her comfort zone.

"Quit Your Day Job" is a bit of a departure for you. Why did you want to do the show?

I've always been very passionate about women and entrepreneurship, and I give tons of speeches and lectures in which I'm always encouraging women to learn how to code, start their own business, become an entrepreneur. And when I looked at it, I realized I really could be doing more myself to support women instead of just talking.

Lauren Maillian, Randi Zuckerberg and Ido Leffler on a "Quit Your Day Job" panel discussion. GETTY IMAGES

So it was right around that time I got approached [by Oxygen] saying they were putting a show together, and they really wanted to inspire more women to go into entrepreneurship and business. It just seemed at that point like a perfect fit for everything I was doing.

In the first episode you feature three female entrepreneurs, two of whom pitch women-centric products. Was that intentional?

In our society, unfortunately, people tend to have in mind what an entrepreneur looks like, and in their mind it's a white male. You can't be what you can't see, and for me, it's really important that pop culture features more women in powerful positions.

So do you see women approaching business differently, or making certain mistakes that their male counterparts don't?

One of the mistakes I see women making a lot, first of all, is when women get a co-founder at a startup, what I find is that most get someone who is just like them. Women gravitate toward people in their comfort zone. But you don't want a co-founder just like you. You want someone whose skill set complements yours but is different, so that you can help each other but also have your own lane of the business that you control.

You're already an entrepreneur and an investor. What was different applying those skills on the show?

It really pushed me out of my comfort zone as an investor. For me, I gravitate toward technology investments because that's what I know. When someone comes to me with an investment that's a little outside of that, I tend to think, "That's not my area so I'm not going to consider it." Being on the show I realized, well gosh, that happens to women all the time. When women go to pitch male investors, they say, "Well, I don't really understand that, so I'm not going to consider it, I'm not going to invest." I didn't want to be that person.

We often hear that most businesses fail within the first year. How do you suggest entrepreneurs deal with rejection?

Both rejection and failure force you to look inward and really evaluate. Certainly in my life, it's really those rejections that have really shaped me. The first show that I executive produced, "Stars of Silicon Valley," did not get renewed for a second season. I was really bummed about that, I thought, oh my gosh, this is failure. But what I realized down the line is just the sheer fact that I did that show opened up so many doors in Hollywood, in New York. There are so many opportunities where I'm now a leader in my career because I've done that [show].

What markets are hot right now? Where might the next big startup be found?

Now that the generation of entrepreneurs that created all of our favorite social media sites are growing up and maturing, those entrepreneurs are starting to have children of their own, and they're starting to think about products for babies and children that are data-driven. That's an area that I've started looking more and more into for young kids, especially girls.

Entrepreneurs, especially women, are constantly being told to find balance. Is that even possible?

I'm more into being well-lopsided than well-balanced. You're never going to be able to do everything well every day, as you were saying, so giving yourself permission to one day be all in on your career, and another day be all in on your family, it's great. You're not well-balanced, but you are well-lopsided, and you're giving yourself permission to do one or two things really well that day. And as long as it balances out in the long run, I think you're in a good place.

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OPINION

KYLE BISHOP
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We're getting closer to Opening Day, but plenty of leagues still have their drafts between now and first pitch. If you're among those still waiting to select their 2016 roster, consider the following bargain alternatives to some popular fantasy targets. All average draft position (ADP) data is courtesy of FantasyPros.

DRAFT: DEXTER FOWLER (188 ADP)
INSTEAD OF: SHIN-SOO CHOO (133)
Choo is a better bet to hit 20 home runs, but Fowler launched 17 himself last season and holds a significant edge in stolen bases over the past two years (31 to Choo's seven). The two have virtually identical batting averages over that span, and Fowler's position atop the Cubs' stacked lineup should help him easily outpace Choo in runs.

DRAFT: ADAM EATON (111)
INSTEAD OF: MOOKIE BETTS (22)
Betts is younger, more exciting and just more obviously talented than Eaton. But the pair produced eerily similar numbers in 2015, each hitting around .290 with 90-plus runs scored and home run totals in the teens. They even had identical average batted ball distance as measured by Baseball Heat Maps. Long term, and probably even this year, Betts is the better option. You could get a good portion of his production from Eaton nearly 100 picks later, however. That would free you up to, say, draft Chris Sale early instead of settling for somebody like Jordan Zimmermann later.

DRAFT: MARCUS SEMIEN (271)
INSTEAD OF: BRANDON CRAWFORD (138)
The shortstops for the two Bay Area teams share some striking similarities. Looking at last season, they posted identical batting averages (.257), run totals (65) and walk rates (7 percent). Crawford hit 21 homers to Semien's 15, but that's also nearly double the amount he'd bit in his first four MLB seasons. Some regression seems like a safe bet. Semien also offers more upside on the bases, having swiped 11 bags last year. Crawford's getting all the attention in drafts, but Semien could easily outproduce him.

DRAFT: JOSE QUINTANA (147)
INSTEAD OF: SONNY GRAY (65)
There's no doubt that Gray is an excellent pitcher. In two-plus seasons and nearly 500 innings, he's put together a 2.88 ERA and 1.13 WHIP with solid, if unspectacular, strikeout and walk rates. That ERA is the 10th best mark among qualified starters since his debut in 2013. Gray uses his friendly home park and a ground ball heavy approach to great effect, regularly outpitching his fielding independent numbers. But Quintana can give you similar production at a significant discount. Would you rather have Gray and Elvis Andrus, or Quintana and Corey Seager?

Kyle Bishop is a lead MLB columnist at RotoBaller.com. His articles and Fantasy Baseball Rankings are your secret weapon for winning fantasy leagues.

Mookie Betts may not be the best choice for your outfield. GETTY IMAGES

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Nova has defense to thank

The Wildcats have paired excellent offensive efficiency with suffocating defense this March.

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There's no "D" in V-i-l-l-a-n-o-v-a.

Except when the Final Four-bound Wildcats step on the court. That, more than all those Kris Jenkins and Ryan Arcidiacono 3-pointers swishing through the nets and the knack of Josh Hart and Daniel Ochefu to score in the paint, is the reason Jay Wright's team is heading toward Houston and a Saturday night date with Buddy Hield and Oklahoma as champion of the South Region.

When the shots finally stopped falling Saturday night in Louisville, following three dazzling performances blowing out UNC Asheville, Iowa and Miami, Villanova's defense was the difference. The 33-5 Wildcats swarmed top-seeded Kansas from start to finish, shutting down their leading tourney scorer, Perry Ellis, while forcing 16 turnovers including a pivotal one in the final eight seconds to preserve a 64-59 victory.

"We knew we weren't shooting the ball well," said Arcidiacono, who celebrated his 22nd birthday by sharing team scoring honors with Hart and Jenkins with 13 points. "But the backbone of our program is just defend and rebound and play hard and together.

"I think we did that."

They call that "Villanova basketball" which may sound trite, except that it seems to work.

"We don't depend on our offense," said fellow senior Ochefu, who scored 10 and pulled down eight rebounds while clogging the lane defensively. "We like proving we can win off our defense and rebounding. Making the game ugly and a street fight was to our advantage because that's what we preach every day in practice."

The Wildcats have an entire week to prepare for the Final Four in Houston, which starts next Saturday. GETTY IMAGES

After lighting it up at a 60 percent clip over those first three games, suddenly the basket seemed to shrink vs. the rugged Jawhawks, who made it a point to keep Jenkins and Arcidiacono from getting comfortable behind the line. Between them they shot just 2-for-10 beyond the arc, while No. 2 seeded Villanova, which had knocked down 33 of 62 treys — 53 percent — prior to this, managed to go just 4-for-18 and only 21-for-52, 40.4 percent overall.

Still, they're moving on, thanks to that stingy

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for Final Four

Final Four facts

Here's a quick look at things Philly sports fans should know as Villanova preps for the Final Four next week.

- The last time the Wildcats were in the Final Four, they lost to eventual champs UNC.
- The last time 'Nova won a national title (and the only time) was their 1985 upset win over Georgetown.
- Villanova has been to four Finals Fours.

defense and deadly accuracy at the line, where 'Nova went 18-for-19, 95 percent.

"We know we can shoot the free throws really well, and if we got to the foul line it would be to our advantage." Arcidiacono said. "Our toughness on the defensive end was the key," he added. "We didn't let the offense affect our defense.

"We stayed committed and stayed solid as a unit out there. We always want to grind it out and play Villanova basketball for 40 minutes no matter the situation."

So even after squandering a 32-27 halftime lead to fall behind 45-40 with 10:50 remaining, there was no panic. Villanova answered with a 10-0 run, punctuated when Arcidiacono and Hart buried back-to-back 3-pointers They never relinquished it, despite managing just two baskets over the final 7:59.

Ultimately it came down to getting stops on defense and sinking free throws, as 'Nova forced three turnovers in the last 2:47, then went 8-for-8 at the stripe, when a single miss could've given Kansas a shot at the win or at least a chance to send it into overtime.

"We know we're going to let offense take care of itself," Hart, said. "If we buckle down on defense, make it ugly — diving on the floor, taking charges, doing the little things this program is built on — we knew we were going to be in the game.

"It was ugly, but it was beautiful to us."

That vision of loveliness will remain until they arrive in Houston, driven to erase the memory of 78-55 loss to Oklahoma on Pearl Harbor Day in Hawaii. That's where the Wildcats shot a brutal 4-for-32 from 3-point range while the Sooners went 14-for-26, though they held Hield to only 6-for-17, 4-for-9 on threes. The winner of that one faces whoever survives the ACC mini-tournament in the other half of the bracket for the title a week from Monday.

After all the disappointments in recent years, though, Villanova's patience and persistence may finally been rewarded.

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In the Matter of the Adoption of
A Child Whose First Name is **SEBHASTYAN**

To: **ENOC LISAINT** PLEASE TAKE NOTICE that a petition requesting an order approving and allowing the adoption of an adoptive child whose first name is [specify]: **SEBHASTYAN**, who is alleged to be your **SON**, and whose full name and date and place of birth is set forth in a Schedule annexed to the petition for adoption herein, together with an agreement to adopt and consents to the adoption pursuant to the **Domestic Relations Law**, had been filed with the **Family Court of the State of New York, Queens County**. A hearing on the petition will be held at the Court, located at **151-20 JAMAICA AVENUE, 5th FLOOR, JAMAICA, NEW YORK 11432** on **MAY 10, 2016** at **9:00 a.m.** o'clock in the morning of that day. Service to be completed by **APRIL 4, 2016**.

[Check box if applicable pursuant to **Domestic Relations Law 111-a(6)**]: **X** PLEASE TAKE FURTHER NOTICE that your failure to appear may constitute a denial of your interest in the child, which may result, without further notice to you, in the adoption or other disposition of the custody of the child.

ss: James M. Greenberg
Signature of Petitioner's Attorney

James M. Greenberg. Esq.
Attorney's Name (print or type)

Greenberg & Greenberg
3 Sierks Lane, Roslyn Harbor, New York 11576
(516) 621-7717
Attorney's Address and Telephone Number

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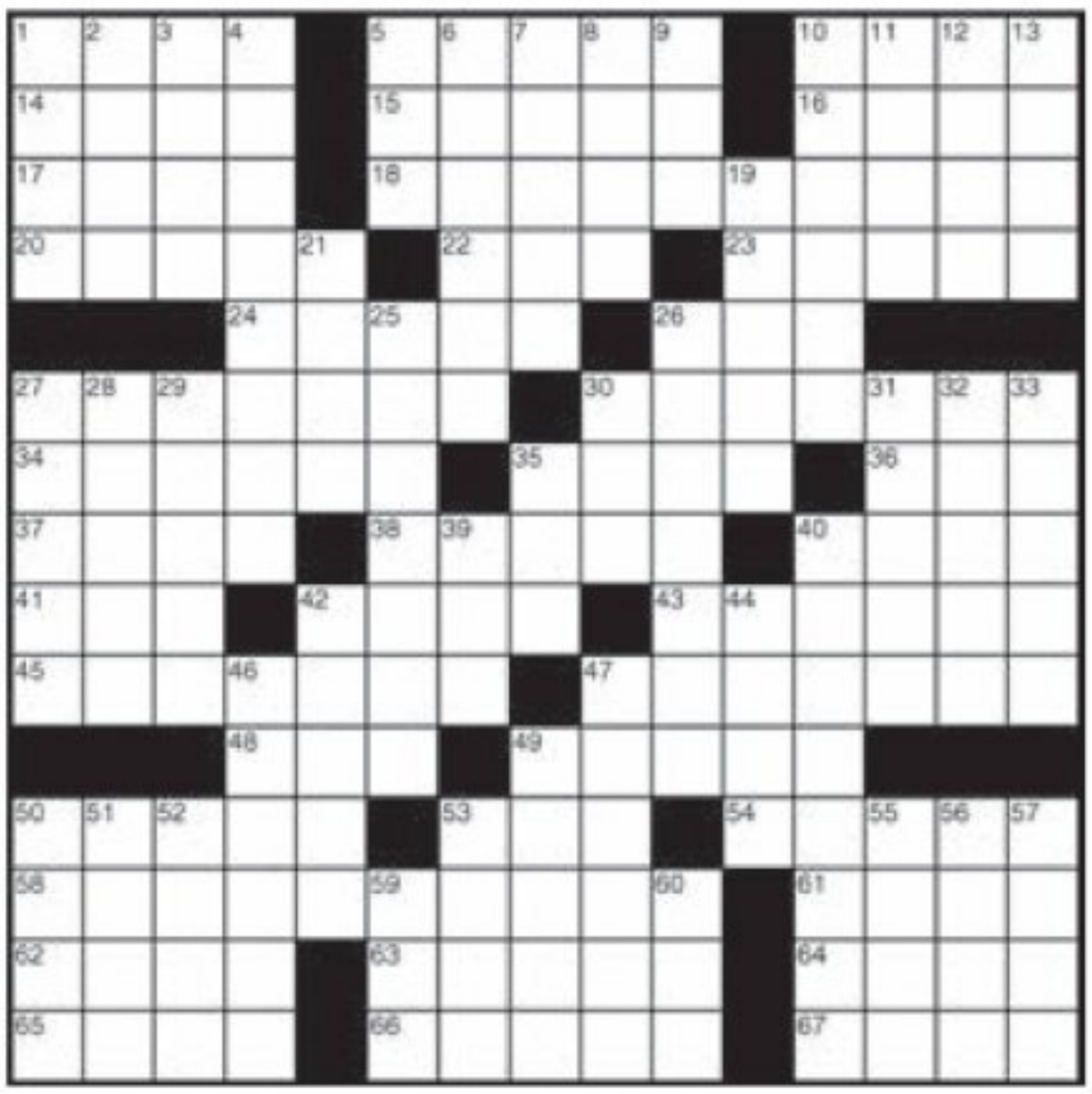

Across

1 M, to Einstein
5 Sharp, as hearing
10 Freighter hazard
14 Baghdad's country
15 Malone of the NBA
16 Fridge stick
17 Uhura's crewmate
18 Is that a fact! (3 wds.)
20 Pub sign (2 wds.)
22 Kind of agent
23 Maureen of the screen
24 Bright
26 "A pox upon thee!"
27 — in (leaving the poker table)
30 Humming along
34 Travel stopovers
35 Foot part
36 Goose egg
37 Makes a mistake
38 Use force
40 Toodle-oo! (hyph.)
41 LAX info
42 Nervous
43 Tied the score
45 White-water paddler
47 Futile
48 Earth orbiter of yore
49 — nous
50 Miss Brooks portrayer
53 Mi. above sea level
54 A second time
58 Picnickers at a game
61 Lacoste of tennis
62 — Te Kanawa
63 Keep happening
64 What rainbows are
65 "My Way" writer
66 Rations out
67 Castle defense

Down

1 Japanese soup
2 Make -- -- for it
3 Margarita rim
4 Flattens
5 Ms. Winehouse
6 Murmuring
7 High interest
8 Koppel and Turner
9 That, in Spain
10 Annoy
11 Movie lioness
12 Caboose's spot
13 "Naked Maja" artist
19 Bete --
21 Silvers or Donahue
25 Illegal trader
26 Least empty
27 Kiss target
28 Major artery
29 Wander off
30 "The Bells" poet
31 Lacking sense
32 Evenings, in ads
33 Spiky flowers
35 Mole, maybe
39 Boss, briefly
40 Fast message
42 Just scraping by
44 Aloe --
46 Bloomer who popularized bloomers
47 False
49 Choose
50 Aleutian island
51 Cloudburst
52 Quaint weapon
53 Fit to -- --
55 Prefix for space
56 Quechua speaker
57 Wildlife shelter
59 Sofa end
60 Almost grads

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easy

		5			8		9	2
			1		6		8	
	3	8			5			
		3	5				1	
9		6				2		7
	5				9	3		
			9			8	2	
	7		2		1			
5	2		3			9		

hard

	3		8	2			4	
	2		6					7
4					3	9		
				7	1			4
2			3		4			8
5			2	9				
		3	1					9
8					6		7	
	6			3	7		1	

metro.us/horoscopes

Aries If you check over personal papers, you'll find that you have more assets than you anticipated. A contract or commitment will improve your life. Your confidence will grow.

Taurus If you learn from past challenges, you will not falter under pressure. A partnership will help you discover hidden talents, allowing you to make significant progress.

Gemini Assess your current situation openly and honestly. Your reputation will be on the line if you don't handle matters with precision and detail.

Cancer Use your strengths and intuition to get ahead professionally. Your unusual approach to whatever you pursue will capture attention and give you the edge over a rival.

Leo Implement greater diversity in whatever you do. Challenge anyone who gets in your way. Stand tall and initiate the changes that you desire. Trust in your expertise.

Virgo Partnership problems will develop if you aren't forthcoming with your feelings or concerns. Keep your money and possessions in a safe place and avoid joint ventures.

Libra Don't be gullible if someone is trying to sell you something. High-pressure situations are best avoided or walked away from. Discipline and tidying up loose ends will relieve stress.

Scorpio If you use your imagination, opportunities will unfold. Putting forth a strong effort and calling in a favor will lead to success. Romance will result in positive changes at home.

Sagittarius Keep life simple and stick to the truth. Don't let your desire to be in the limelight cost you. A promise made must be kept if you don't want to ruin your reputation.

Capricorn Do your own thing and refuse to be daunted by someone making last-minute changes that interfere with your plans. Focus on moving forward regardless of others' actions.

Aquarius Stability can be yours if you make a couple of adjustments to your spending or household expenses. You'll come across an excellent idea that will help you advance.

Pisces Observation will help you go in the right direction. An unusual partnership will develop, but guidelines must be set before you engage in a joint venture. EUGENIA LAST

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